



News Release

Shelby County Health Department
814 Jefferson Avenue, Memphis, TN 38105

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Health Department Observes National Public Health Week “A Healthier America Begins Today!”

MEMPHIS, TN – The Shelby County Health Department (SCHD) supports National Public Health Week. The American Public Health Association (APHA) designates the first week in April each year as National Public Health Week. This year’s theme is “A Healthier America Begins Today!” APHA continues to champion the creation of the healthiest nation in one generation. This can only be accomplished with an emphasis on public health’s essential role in prevention.

Nationwide, health care costs are rising, with more than \$2.3 billion spent in 2008, up 300 percent from 1990. In many cases, these costs are increasing because preventive measures are not being taken to eliminate disease. “Some of these costs can be reduced through prevention states, Yvonne Madlock, Director of the Shelby County Health Department. “Many chronic illnesses and mental disorders are preventable and treatable. Early screenings and treatment can help prevent the onset of disease, decrease rates of chronic disease, and help people lead longer, healthier lives. Your local health department can assist in connecting citizens to health care services, keeping the public informed about health topics and providing other public health services.”

Each day of National Public Health Week, the Shelby County Health Department will focus on preventive measures Shelby County citizens can take to live longer and have healthier lives. National Public Health Week activities are:

- Monday, April 2: A healthier America begins with **Active Living** and **Healthy Eating**

Tasty and Healthy Food Demonstrations at the Southland Mall WIC Clinic. ***Open to the public.***

Lunch and Learn Session: “Being Emotionally Healthy” presented by Tennessee Recovery Project @ Bartlett Senior Center. ***Open to the public.***

- Tuesday, April 3: A healthier America begins with living **Tobacco- and Drug-free** and Preventing **Alcohol Abuse**

Lunch n Learn with CAAP (Cocaine Alcohol Awareness Program) @ The Urban Child Institute (600 Jefferson Avenue, 38105). ***Open to the public.***

Lunch and Learn Session: “Being Emotionally Healthy” presented by Tennessee Recovery Project @ Whitehaven Library. ***Open to the public.***

- Wednesday, April 4: A healthier America begins with preventing **Communicable Diseases**

Hand-washing Demonstration with Head Start students

Lunch and Learn Session: “Being Emotionally Healthy” presented by Tennessee Recovery Project @ Shelby County Government East Campus. ***Open to the public.***

- Thursday, April 5: A healthier America begins **with Reproductive and Sexual Health**

Display and Health Education Information provided @ Southwest Community College (Union Campus): CAAP (Cocaine Alcohol Awareness Program), SCHD Family Planning, SCHD Infectious Diseases

Men’s Health Roundtable Discussion with SCHD Vector Control Program employees

- Friday, April 6: A healthier America begins with **Mental and Emotional Well-being***

*Activities for this day’s focus will be held earlier in the week.

In addition to these activities, the SCHD will feature health education, information and resources on public health prevention at 814 Jefferson Avenue, 38105, Main Lobby.

Receive helpful information and tips by following us on Twitter (ShelbyTNHealth) and/or like us on Facebook (www.facebook.com/ShelbyTNHealth). For questions about the SCHD’s observance of National Public Health Week, contact Lorrie Brooks at 222-9074.

For more information about National Public Health Week and public health prevention, visit www.nphw.org.